

Butter Is Not a Carb

Low Carb Recipes & Meal Ideas

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Chocolate Peanut Butter Fat Bombs

August 16, 2014 by [Alison](#) — [80 Comments](#)

For non-keto eaters, the title of this post may be off-putting, but in the ketogenic world, "fat bombs" are widely used in order to boost the daily fat percentage without spiking the carb count. These chocolates pack a fatty punch while satisfying the small sweet tooth I sometimes have at the end of the day. I always favored savory carbs (bread, pasta, potatoes) in my pre-keto life and rarely craved chocolate, candy or ice cream. Sometimes in the summer I enjoyed fruit popsicles or mint chocolate chip ice cream, but it was never a daily habit. I do enjoy saving some calories at the end of the day for 1 or 2 of these when I can, especially in these warmer months when I'm in need of something cold and refreshing. To non-ketoers these may not taste very sweet, but since I consume such a small amount of natural/added sugar each day, they taste like a sweet fudgey frozen dessert. The best part is these take less than 5 minutes to make!

Welcome!



Welcome and thank you for stopping by! My name is Alison and I love to create easy, delicious low carb recipes. Please read the "about" page for more information about this blog and the author,



The ingredients you'll need are 100% **unsweetened** cocoa powder (I prefer Ghirardelli cocoa), **unsweetened** peanut butter (I use creamy), butter, 1 packet of Stevia and **virgin & unrefined** coconut oil.

I recommend you purchase virgin and unrefined coconut oil as opposed to refined for the added health benefits. If you're curious about the differences between refined and unrefined, you can read about them [here](#).

You'll also need a microwave-safe dish/container (I use a measuring cup), a whisk and either a silicone mold or an ice cube tray. Silicone molds are definitely easier to handle once the fat bombs are frozen, but I used a regular plastic ice cube tray for many months first. The trick with those is to quickly run the back of it under warm water before popping the frozen chocolates out.

browse for a recipe, or use the buttons above to follow me on social media. The name "Butter Is Not a Carb" is in homage to the timeless classic: Mean Girls.

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Enjoying Butter Is Not a Carb?



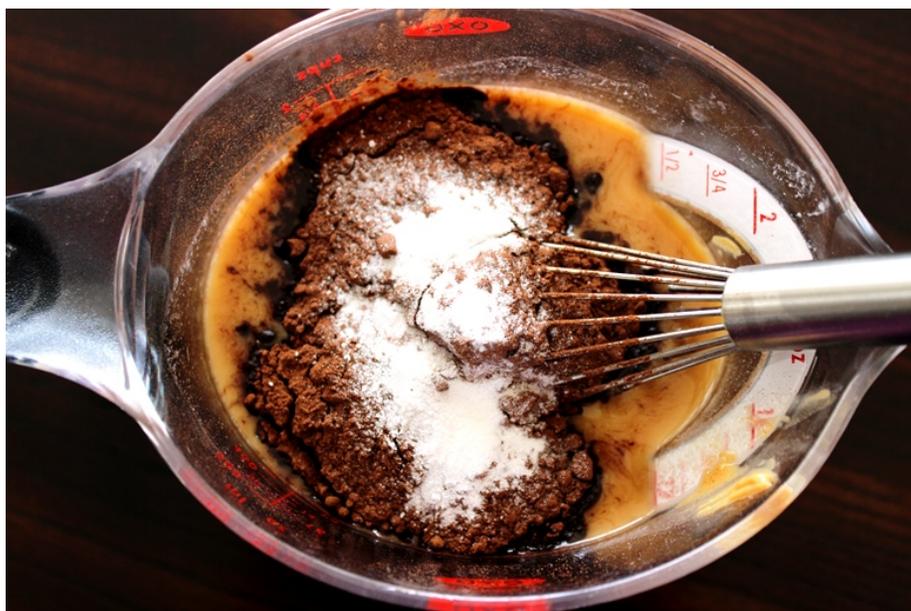
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My Wishlist



I started by adding the butter, coconut oil and peanut butter to my measuring cup and melting them together on high for 35 seconds in the microwave. You don't want them to boil, just melt so they can be fully combined by the whisk.



Once they are melted and stirred I added the cocoa powder and packet of Stevia on top and whisked again, making sure to dissolve any clumps completely. You could also include vanilla or almond extract to the mixture or halved almonds/peanuts or even dark chocolate chips to the bottom of the molds at this stage if you'd like to add even more flavor to the fat bombs, but I have found them to be sufficient without any extra flavors. Any extras would, of course, change the nutritional information.



Click above to access my Amazon Wishlist, which has items that will improve both my kitchen and this blog. I greatly appreciate anyone who considers purchasing an item from the list - it will help me bring the best content I can to my readers. If you do, please send me an e-mail so I can thank you!

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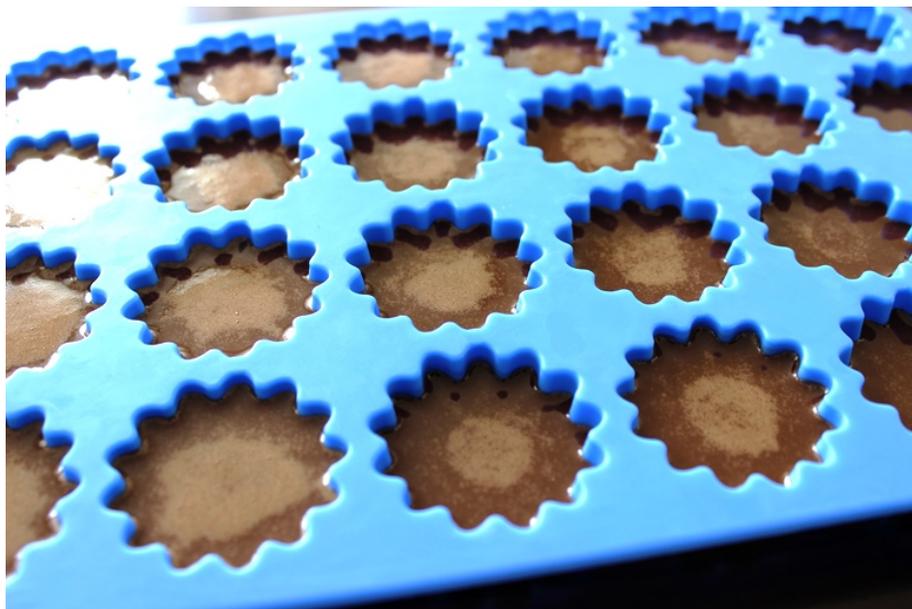
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Next pour the liquid evenly into 24 molds. I normally place the silicone mold in the freezer first and then fill the cups as it can be hard to transport the tray to the freezer. I freeze these for a minimum of 30 minutes, pop them out of their molds and store them in a gallon size Ziplock bag in the freezer. These do melt once they are taken out of the freezer, so I recommend enjoying them quickly! **Do you have a favorite fat bomb or frozen treat? Share the ingredients with me!**

Chocolate Peanut Butter Fat Bombs

[Print](#)

Prep Time: 5 minutes

Yield: 24

Total Time: 35 minutes

Serving Size: 1

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						
« Feb						

Real Good Pizza – Coupon Code



Ingredients

- 4tblsp pasture butter
- 8tblsp virgin & unrefined coconut oil
- 4tblsp unsweetened peanut butter
- 4tblsp unsweetened cocoa powder
- 1 packet Stevia or sweetener of choice
- Silicone or plastic mold, 24 cups

Instructions

1. Place butter, coconut oil and peanut butter in a microwave-safe container - microwave on high for 35 seconds or until melted; whisk to combine.
2. Add cocoa powder and sweetener - whisk to combine.
3. Pour evenly into 24 molds - freeze for at least 30 minutes; store in the freezer in a Ziplock bag.

Nutritional Information

Per serving: 80 calories, 2g total carbs, 1g net carbs, 9g fat, 1g protein (Note: Please remember these numbers are based on the brands I used and may vary slightly with other brands.)

Click the image above and use coupon code "Alison10" for 10% off your order on www.realgoodfoods.com. These are my favorite low carb frozen pizzas!

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80 Comments

Kym Jay

October 12, 2014 at 4:30 pm

This recipe is great! I made these and topped each one off with a dusting of dessicated coconut. They melt in the mouth and provide a wonderful chocolatey-nutty hit

without throwing me out of Keto – absolutely hits the spot

Reply

- Alison

October 12, 2014 at 4:53 pm

Thanks for the review Kym! They have the perfect keto ratios and will never kick you out which is my favorite thing about them. Glad to hear you enjoyed them!!

Reply

Kelly

January 9, 2015 at 3:01 pm

These look awesome!! Just about to make them. I calculated with the brands I use and they came out to 60 cal, 6 g fat, 1 g net carb. Thanks!

Reply

- Alison

January 10, 2015 at 1:01 pm

Thanks Kelly!! Perfect keto ratios if you ask me!
Enjoy!

[Reply](#)

Khalid

[February 13, 2015 at 1:44 pm](#)

I rarely post a reply on a blog, but this time I have to!

This recipe is just amazing, they taste delicious, I just used 2 tblsp of splenda, and a crunchy homemade peanut butter instead of a creamy one the texture was great

[Reply](#)

-

Khalid

[February 13, 2015 at 1:47 pm](#)

And Thank you for this great recipe ♥

[Reply](#)

-

[Alison](#)

[February 14, 2015 at 12:31 am](#)

Hi Khalid! Thanks so much for trying the recipe and leaving some feedback! I hope you try some more in the future.

[Reply](#)

- Lissa

December 4, 2015 at 11:23 pm

Splenda is sucralose. When I was regularly taking a product that contained sucralose within 2 weeks I had migraine, lethargic, felt like I had been kicked all over by a horse, the only reason I had a sneaky suspicion is because it was the only product I began using so I googled sucralose and low and behold that was the cause. I stopped the product and returned to health. Other problems with sucralose also. Stevia best.

Reply

- Alison

December 5, 2015 at 7:50 am

I agree, Lissa, I like Stevia the best. Some people do not notice any side effects from other sweeteners, though, so they are free to use whatever they'd like. Glad you were able to find the root of the problem and correct it so you feel better!

Reply



esther

April 13, 2015 at 9:32 pm

These look delicious! I recently learned that 4 tablespoons = 1/4 cup, which saves a lot of time when measuring things out. :) Thanks for the recipe!

[Reply](#)

- [Alison](#)

[April 14, 2015 at 12:49 pm](#)

Thanks Esther! That certainly does help for measurements. Thanks for checking it out!

[Reply](#)



Suzi

[April 21, 2015 at 1:40 pm](#)

Hi – can you tell me roughly how much is in 1 pack of Stevia? Is that pure powdered Stevia, or something like Truvia? Any idea how much liquid Stevia you would use? I am in the UK so we get different packets than in the U.S. And thanks for the recipe...

[Reply](#)

- [Alison](#)

[April 22, 2015 at 5:50 pm](#)

Hi Suzi! I use the pure powdered Stevia, not Truvia. I've never used liquid Stevia so I'm not sure if it's a

1:1 ratio or if liquid is more “potent” – I suppose you could try it 1:1 and then adjust as needed from there. 1 packet is about 1/4 tablespoon of powder when I measured it out. Hope that helps!

[Reply](#)

Staci

[May 11, 2015 at 2:40 pm](#)

I sometimes add unsweetened coconut for an extra treat... delicious!

[Reply](#)

•

[Alison](#)

[May 11, 2015 at 2:43 pm](#)

Great idea Staci! Thanks for sharing!

[Reply](#)

Jen

[June 11, 2015 at 2:34 am](#)

These look wonderful! Where did you get the silicon mold from?

[Reply](#)

- [Alison](#)

[June 11, 2015 at 4:03 am](#)

Thanks Jen! My mom actually found them at a baking tent sale, but I know if you search on Amazon they have a wide variety.

[Reply](#)

Rosslyn

[September 5, 2015 at 8:06 pm](#)

I finally found the perfect fat bomb recipe, but I only put 5 tablespoons of coconut oil because it's expensive, and these still taste awesome! I used 1 tablespoon of honey, that's it. Delicious!

[Reply](#)

- [Alison](#)

[September 5, 2015 at 8:12 pm](#)

Hi Rosslyn. Remember honey has a lot of sugar which is not low carb. I recommend Stevia as a good low carb sweetener.

[Reply](#)

- Rosslyn

September 5, 2015 at 10:12 pm

I made a mistake in my comment...I meant 1 teaspoon, not 1 tablespoon. Besides, I'm not opposed to having some carbs... I'm going low carbs, not no carbs. I only have one or two of these a day anyway.

Reply

- Alison

September 6, 2015 at 5:26
am

Understood, but since this is a ketogenic recipe blog, I did want to mention it for other readers who come across this recipe. Thanks!

Reply

Carl Winslow

September 14, 2015 at 1:20 pm

These are great! I'll definitely be making these again although I might double up on the stevia next time.

Reply

- [Alison](#)

[September 14, 2015 at 2:52 pm](#)

Thanks Carl! Glad you enjoyed them!

[Reply](#)

Donna

[September 18, 2015 at 1:45 am](#)

This recipe was amazing! I have been experimenting with different fat bomb recipes and so far this is one of the best. Lucky for me I feel satiety after just 1-2; otherwise, I'd devour the entire batch.

[Reply](#)

- [Alison](#)

[September 21, 2015 at 8:39 am](#)

Yes! Glad you like them, Donna!!

[Reply](#)

Dia

[September 29, 2015 at 7:12 pm](#)

I made a half batch, added a pinch of pink salt to half and it really helped balance the flavors but my peanut butter doesn't have added salt, I think some do?

[Reply](#)

-

[Alison](#)

[October 4, 2015 at 4:37 pm](#)

Yes some peanut butters have added salt. Ideally your PB should be made of either just peanuts or only peanuts and salt. No harm in adding a little extra to your taste preference!

[Reply](#)

Kacie

[October 7, 2015 at 11:35 am](#)

You could put your silicon mold on a baking sheet when you fill it for easier transport to the freezer

[Reply](#)

-

[Alison](#)

[October 11, 2015 at 7:18 am](#)

Great idea Kacie! Thanks!

[Reply](#)

- [Steffanie s](#)

August 2, 2016 at 8:31 pm

Any other methods for freezing? I do not have a mold. Just mini muffin tins

Reply

- [Alison](#)

August 2, 2016 at 8:45 pm

Hi Steffanie. Can you freeze them in the muffin tins and then store them in a large ziplock? I would spray the tin with non-stick spray to prevent them from sticking.

Reply

[Nita](#)

October 22, 2015 at 10:14 pm

Is there anything else that could be used to replace the coconut oil? I do not like coconut in any form or fashion

Reply

- [Alison](#)

[October 25, 2015 at 12:52 pm](#)

I hear you, I actually hate the taste of coconut but the chocolate and peanut butter mask it pretty well. I would either use more butter and peanut butter or try adding a little coconut oil and seeing how that goes.

[Reply](#)

- [Rosslyn](#)

[December 8, 2015 at 10:52 pm](#)

I use refined coconut oil, which has no taste or smell, but still all the fat. And don't worry about the word "refined". It's perfect for people who, like you, don't like the taste of coconut. These fat bombs turn out delicious for me every time.

[Reply](#)

- [Alison](#)

[December 13, 2015 at 8:09 am](#)

When I first started keto I did a lot of research on refined vs unrefined. I think today I would probably try refined but back then I was all about

buying organic, unprocessed as much as possible. Thanks for reminding me!

[Reply](#)

- [Halle Smythe](#)

[November 15, 2015 at 5:19 pm](#)

The coconut oil sold by wildtree.com does not have any coconut flavor to it at all. I use it all the time, it is a little pricey but well worth it since I can't stand the taste of coconut in everything I make. You really don't really need as much coconut oil as most recipes state anyway and my one jar normally lasts me about a month. Good luck!

[Reply](#)

- [Alison](#)

[November 21, 2015 at 12:23 pm](#)

Thanks for the tips, Halle!

[Reply](#)

[Tanya](#)

[November 4, 2015 at 6:54 pm](#)

Mine came out really bitter! I used a fresh ground peanut butter from the grocery store so there's no added sugars or salt in it. Is that where I went wrong? I used a premium cocoa too :/ maybe I just can't stand coconut oil. I could never handle it in my coffee.

Reply

- Alison

November 14, 2015 at 8:23 am

So sorry to hear that Tanya! Did you use Stevia or another sweetener in it? I don't think the peanut butter you used would have been a problem. It could be your aversion to coconut oil, but 100% cocoa powder is generally bitter as there is no sugar in it. Hope you try again with a bit more success!

Reply

- Stefanie

April 6, 2016 at 12:14 am

Did you use Dutch Processed cocoa (or alkalized cocoa)? If not, there's a good chance the bitterness is from the cocoa. The alkalization process makes the cocoa less bitter.

I used unsweetened alkalized cocoa with almond butter and they turned out great!

Thanks for the recipe!

[Reply](#)

-

[Alison](#)

[April 8, 2016 at 3:52 pm](#)

I buy the 100% unsweetened cocoa by Ghiradelli, I'm honestly not sure whether or not it's alkalized. It probably does make it bitter, though, because there is not sweetener in it.

[Reply](#)

Sarah

[January 2, 2016 at 3:22 pm](#)

I just made them and sadly they are bitter and I can taste the sweetener all the way through

[Reply](#)

-

[Alison](#)

[January 5, 2016 at 3:14 pm](#)

Sorry to hear they did not work out for you Sarah. Thanks for trying them out!

[Reply](#)

Tom

January 5, 2016 at 7:08 pm

I switched the peanut butter to almond butter. These are fantastic. Hard not to drink it right out of the measuring cup. Thanks for sharing this recipe.

Tom

Reply

- Alison

January 13, 2016 at 10:34 am

Thanks Tom! Glad you enjoyed it!

Reply

Amanda M

January 21, 2016 at 3:53 pm

I've been looking for a silicone mold online. Where did you get yours?

Reply

- Alison

January 22, 2016 at 12:02 pm

Hi Amanda! I bought mine at a Wilton tent sale a few years ago, but Amazon has a ton of them. [Here](#) is a great, affordable option!

[Reply](#)

Crystal

[April 7, 2016 at 10:16 am](#)

Hi I found this in Pinterest and on the first page it said cups and then when I clicked on it it said tablespoons. When I made this with tablespoons they were very small portions the size of a role candy and only made 12. I just wanted to check with you if I should be using table spoons. They tasted awesom.

[Reply](#)

•

[Alison](#)

[April 8, 2016 at 3:45 pm](#)

Hi Crystal. It is definitely tablespoons and not cups. My molds are pretty small and make candy-size pieces. Make sure you use 4 tblsp butter, 4 tblsp peanut butter and 8 tblsp coconut oil. It should fill up your measuring cup similarly to how mine was pictured in the recipe. Thanks for trying it out!

[Reply](#)



Chele

April 12, 2016 at 5:09 pm

These are INSANELY good!!! Thanks!!

Reply

-

Alison

April 16, 2016 at 8:00 am

Thank you!

Reply

Deb

May 9, 2016 at 8:59 am

Can anyone tell me what silicone mold this is so I can get it? Thanks!

Reply

-

Alison

May 10, 2016 at 1:42 pm

Hi Deb! It's a Wilton silicone mold. There are several on Amazon, like this one

(<http://amzn.to/1UQqXnu>), but they have others. I got mine at a tent sale years ago so I'm not sure if they still make that style. Hope that helps!

Reply

Heather

May 30, 2016 at 6:40 pm

I have food allergies, so I made these vegan with Miyoko's fermented vegan butter, doubled the recipe and used three Tblspns of truvia to sweeten. I do have a sweet tooth. I also added a sprinkle of sprouted sunflower and pumpkin seeds to each one. They are amazing and everyone in the house loves them.

Reply

•

Alison

June 3, 2016 at 1:40 pm

So glad you enjoyed them Heather!! Sounds like you made a lot of great substitutions for your needs.

Reply

T

June 1, 2016 at 3:48 am

Yum Yum. I made these today as I'm new to the keto diet and fat bombs and wanted something sweet. Turned out amazing. I found silicone molds at my local Daiso \$1 as I'm in Japan and stocked up. I cannot wait to make more thanks for sharing I also started following your instragam

[Reply](#)

- [Alison](#)

[June 3, 2016 at 1:40 pm](#)

Thanks T! So glad you tried them and liked them!
And thanks for following me on Instagram as well!

[Reply](#)

[Angie](#)

[July 9, 2016 at 9:06 pm](#)

Thank you for the best fat bomb recipe yet!
I used unsweetened vanilla flavored Torani for the sweetener only because I have two big bottles on hand. I haven't bought a silicone mold "yet" so I improvised... buttered a small rectangular dish, poured mixture in... put in the freezer a few hours. Then I dumped it out on wax paper, cut in small squares, put them in a small bag then quickly back in the freezer. Worked great!

[Reply](#)

- [Alison](#)

[July 9, 2016 at 9:08 pm](#)

That's a great way to make them if you don't have molds, Angie! Glad you enjoyed them!

[Reply](#)

maria vargas

[July 27, 2016 at 9:30 pm](#)

I'm a little confused with the net carbs i did the math with the servings and used the same exact ingredients and my math is telling me this is 0.5 net carbs, 7.9 fat, 0.8 protein and 75 calories. Where am I wrong?

[Reply](#)

- [Alison](#)

[July 27, 2016 at 9:33 pm](#)

I'm not sure Maria. I used My Fitness Pal as I do for all my recipes to gather the nutrition information. Perhaps they rounded differently on the website, since the numbers are pretty close.

[Reply](#)

Melissa

August 15, 2016 at 3:04 pm

This is one of my favorite fat bomb recipes. They taste awesome and they're so easy to make. I appreciate the simplicity, as I have chronic health issues. Thank you for this recipe.

Reply

- Alison

August 16, 2016 at 10:44 am

So glad you like them, Melissa!! Thank you for the feedback!

Reply

Maddie

August 18, 2016 at 1:18 pm

I've made these twice so far. They are wonderful. I use a 24 hole muffin TIN. They come out really well from the tin. No problem whatsoever. First time I used a silicon or plastic form and they come out great too but that one only had 12 holes so I had to eat a double portion each time, poor me!

Reply

- [Alison](#)

[August 18, 2016 at 9:24 pm](#)

Glad to know the muffin tin works, Maddie! Haha it's always good to double up on this recipe, I think.

[Reply](#)

Justin

[September 29, 2016 at 9:29 pm](#)

Just made these and made only one adjustment: no chocolate. I did it since I didn't have any but then turned out tasting almost exactly like REESE PIECES. SOOOOO Good!

[Reply](#)

- [Alison](#)

[October 1, 2016 at 8:46 pm](#)

Yum great idea Justin! Glad you liked them!

[Reply](#)

Susan

December 13, 2016 at 9:37 pm

The recipe is really good and they came out great! But... I found that since you had "salted" butter in the picture, I used salted as well. Wow!! too salty. At least to my taste. Now, I'm pretty sure I can get passed it because I know that you need to replace salt in a LCHF diet. But these were almost unpalatable. For reference I used Kerrygold salted butter.

Reply

- Alison

December 15, 2016 at 2:48 pm

Hi Susan. Feel free to use unsalted butter in your recipe. If you want you could sprinkle a little salt in there separately, but if something doesn't taste right, feel free to change it to fit your needs. Hopefully next time is better!

Reply

Cindy3539

December 27, 2016 at 12:44 pm

I just made these. I used 1 packet of Truvia for the sweetener. They were VERY bitter. I suggest using 2or3 packets of Truvia if you make these. That's what I'm going to do next time i make them. Thanks for sharing the recipe.

[Reply](#)

Anne

[January 12, 2017 at 12:34 pm](#)

Salted or unsalted pasture raised butter? Just want to be sure and couldn't find if you specified. Thank you for sharing!

[Reply](#)

- Anne

[January 12, 2017 at 12:35 pm](#)

Oh goodness! Answers just popped up above! Lol

[Reply](#)

- [Alison](#)

[January 12, 2017 at 12:44 pm](#)

You can use either!

[Reply](#)

Amanda

February 5, 2017 at 1:11 am

I used regular ice cube trays and popped them out with a paring knife. I am not counting calories so their size is not a problem. Sooo easy to make. I use about two tablespoons of erythritol that has a bit of stevia in it to sweeten them.

Reply

-

Alison

February 5, 2017 at 10:31 am

Glad they were a success, Amanda!

Reply

Becky

February 26, 2017 at 11:23 pm

I made these tonight and the whole family gobbled them up! Excellent recipe, thank you!

Reply

-

Alison

February 28, 2017 at 12:06 pm

Glad you enjoyed them, Becky!

[Reply](#)

Ana

[March 3, 2017 at 7:47 pm](#)

How do I figure our macros for the brands im using?
Dumb question? Can't wait to try them!!

[Reply](#)

•

[Alison](#)

[March 4, 2017 at 11:51 am](#)

Hi Ana! I input all of the ingredients in the recipe builder on My Fitness Pal. I set the number of servings and then the website takes care of the math for me. It's very easy!

[Reply](#)

•

Ana

[March 5, 2017 at 7:00 pm](#)

Thank you so much for answering!!

[Reply](#)

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